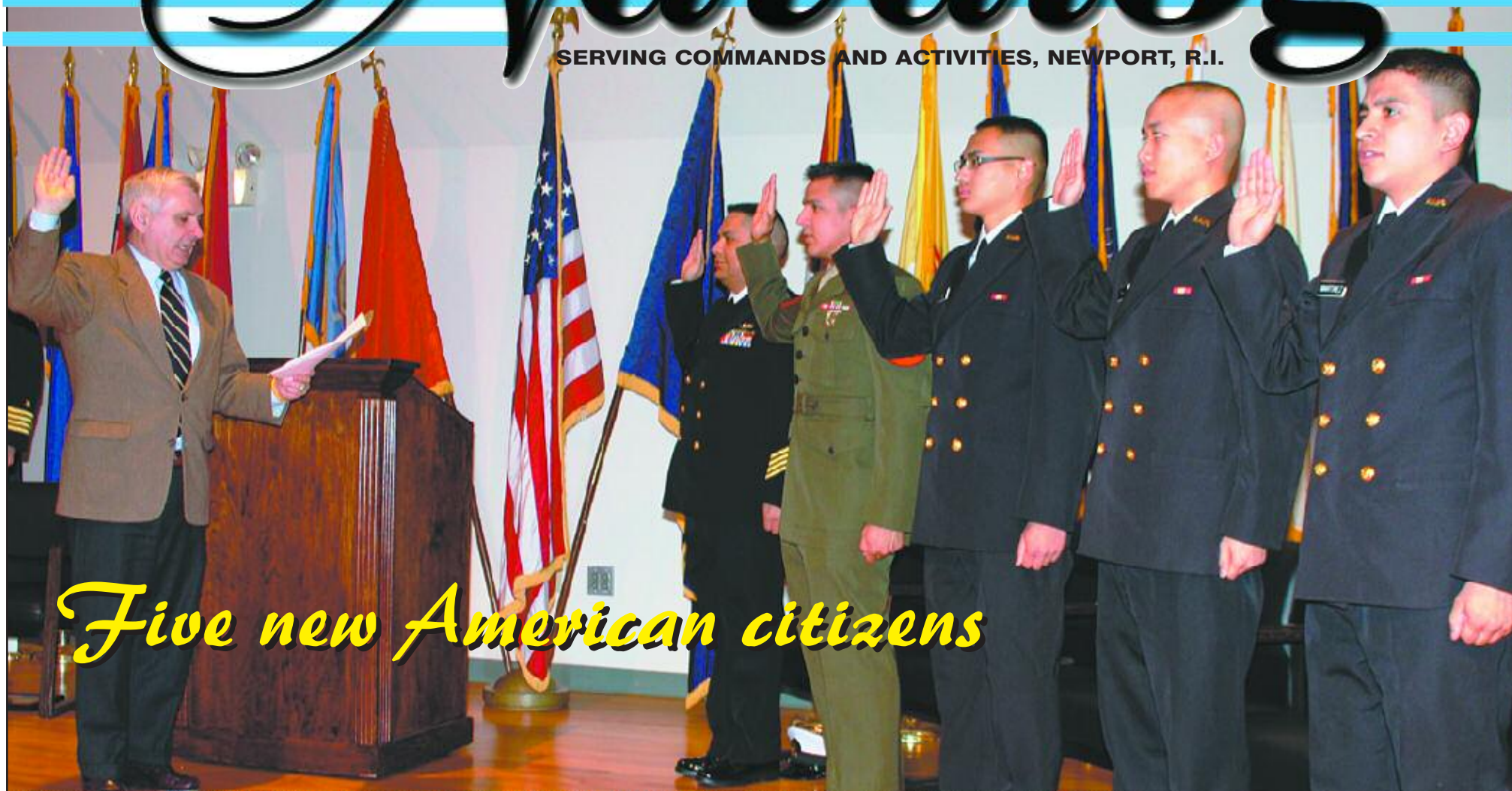


The Newport Navallog

VOL. 110 NO. 17 APRIL 29, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Greg Kohlweiss, U.S. Navy photo

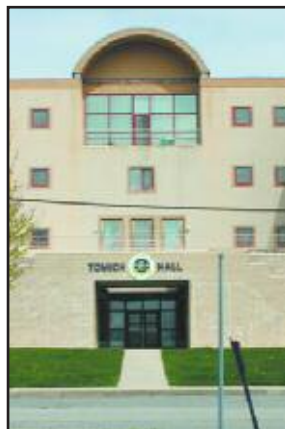
WELCOME TO THE USA — U.S. Sen. Jack Reed, D-R.I., left, administers the Oath of Allegiance to four midshipman candidates and a Navy chief petty officer from the Naval Academy Preparatory School in a naturalization ceremony in Beirut Memorial Hall auditorium April 21. From left are Chief Logistics Specialist Leonardo Bermudez (Peru) of Harrison, N.J.; Midshipman Candidates Fabio Garcia (Bolivia) of Camp Pendleton, Calif.; Mariano Gabriel De Los Reyes Veloria (The Philippines) of Chula Vista, Calif.; Hlan Thaw (Burma) of Parkville, Md.; and Eliud Martinez (Mexico) of Gainesville, Ga. Story, Page 2.



Military offers police tribute

Navy and Marine Corps contingents will participate in the Aquidneck Island National Police Parade this Sunday.

—Page 2



Renovations coming to SEA

Tomich Hall, home of the Senior Enlisted Academy, is in line for \$5.2 million in renovations by July 2012.

—Page 2



Easter bunny lays 1,700 eggs

Balfour Beatty Community Housing sponsors an Easter egg hunt that draws 200 to the Upper Greene Lane Community Center last weekend.

—Page 9

Five take oath, become naturalized citizens

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Four midshipman candidates and a Navy chief petty officer from the Naval Academy Preparatory School (NAPS) at Naval Station (NAVSTA) Newport pledged the Oath of Allegiance in a naturalization ceremony April 21 led by U.S. Sen. Jack Reed, D-R.I.

The service members were Midshipman

Candidates Fabio Garcia, a native of Peru; Eliud Martinez, a native of Mexico; Hlan Thaw, a native of Burma; Mariano Gabriel De Los Reyes Veloria, a native of the Philippines; and Chief Logistics Specialist Leonardo Bermudez, a native of Peru.

The formal ceremony was held in Beirut Memorial Hall auditorium and witnessed by the entire NAPS midshipman battalion of 300, plus family, friends and the sponsors of the service members. Reed asked

the recipients to raise their right hand and recite the oath. The ceremony was the final step in becoming a naturalized American citizen.

"It is fitting to recognize our rights and responsibilities," Reed said. "You have made a conscious choice to defend this country," he said. "Thank you for what you have done already as Sailors and a Marine, and thank you for what you will do."

"In addition to wearing the uniform to

defend this country, in other aspects of your life, you will make this a just country and a beacon around the world," Reed said.

For several of the service-members who were naturalized, the process to become eligible for citizenship took three to 13 years to complete. A final phase of the process - a citizenship interview with a representative of the U.S. Citizenship and

CITIZENS, Page 14



Greg Kohlweiss/U.S. Navy photo

TOMICH HALL, home of the Senior Enlisted Academy at Naval Station (NAVSTA) Newport, will receive a \$5.2 million renovation.

Senior Enlisted Academy due \$5.2M in renovations

NAVFAC Mid-Atlantic Public Affairs

The Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic awarded a \$5.2 million contract April 14 to Cutter Enterprises of Tolland, Conn., for renovations to the Senior Enlisted Academy (SEA) at Naval Station (NAVSTA) Newport.

Work to be performed includes replacement of the failed exterior insulation finishing system (EIFS), installation of a new sprinkler system, installation of new fire and smoke detectors, and complete fire alarm upgrades.

"The mission for this

project is to provide much needed improvements and repairs to Tomich Hall, Coddington Point, at Naval Station Newport," said James Donahue, NAVFAC Mid-Atlantic architectural branch supervisor for the Northeast Integrated Products Team.

The project also provides an air-conditioning system throughout Building 1269 that will meet the Department of Navy's energy efficiency goals as well as cost savings for the life cycle of the facility.

"The architecture/engineering energy study estimates that the building's new fan coil

unit system will save approximately \$21,000 per year when compared to alternative HVAC systems over a 40-year study life," said Lonnie Johns, NAVFAC Mid-Atlantic design manager and architect. "This is about a \$1 million life cycle cost savings."

Johns said other energy saving features used for this project are occupancy sensors for lighting, photo cells for outdoor lighting control and Variable Frequency Drives (VFD) to control fans and motors.

The existing auditorium will also be renovated, complete with new

SEA, Page 14

Military joins Police Parade

MIDDLETOWN — Representatives from Naval Station Newport will participate in the Aquidneck Island National Police Parade on Sunday, May 1, beginning at 11:50 a.m. from the Hampton Inn on West Main Road, and proceeding south to Broadway at One Mile Corner.

The reviewing stand will be in front of the Newport Police Station.

Participants from NAVSTA will be a 70-man marching unit from Officer Development School, Officer Training Command Newport; Navy Band Northeast; the Naval Health Clinic New England and Marine Corps Detachment color guards; fire apparatus from the Fire Department; and an SUV patrol vehicle from Security.

This year's grand marshal is R. I. Atty. Gen. Peter Kil-martin.

This is the 28th year Aquidneck Island has been able to host a weekend dedicated to law enforcement agents and police officers for their dedication to duty. Last year 161 law enforcement officers were killed serving their communities and states.

Other participants expected include the return of the U.S. Marine Corps Silent Drill Platoon, the N.Y. Emeralds, N.Y. Police Department Brass Band, The Royal Canadian Moun-



Navalog file photo

The U.S. Marine Corps Silent Drill Platoon performs a rifle drill on Broadway opposite the Newport Police Station at the end of the Aquidneck Island National Police Parade.

ties Color Guard, The Ancient Order of Hibernians Bagpipe band, Manchester Regional Bagpipe band, Collum Cille bagpipes, Springfield Kilties Bagpipes, N.J. Transit Bagpipe band, The Rhode Island Highlanders, the Big Nazo Puppets, The Shriners, and local school bands.

Navalog

Capt. Joseph P. Voboril

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Greg Kohlweiss

NAVSTA Public Affairs Staff

Bob Krekorian

NAVSTA Public Affairs Staff

Richard Alexander

NAVALOG Editor

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The Editorial content is edited, prepared and provided by the Public Affairs Office of the Naval Station, Newport, R.I. The Newport Navalog reserves the right to edit or correct copy to comply with its policies. This publication receives dispatches from the American Forces Press Service (AFPS).

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Escalation, deterrence make a great wargame

From NWC War Gaming Department

The Naval War College last week conducted the Deterrence and Escalation Game and Review 2011 (DEGRE11).

Sponsored by the Commander, U.S. Strategic Command (USSTRATCOM), the purpose of DEGRE11 was to explore how four facets of strategic escalation, such as nuclear, space, cyber and conventional forces, and the use of other instruments of national powers, such as diplomacy and economics, interrelate in a conflict against a competitive adversary.

The game enhanced stakeholders' understanding of the complexities of strategic deterrence and escalation dynamics, and sought to prepare senior

decision makers for ongoing nuclear policy and planning efforts.

The DEGRE series leverages the talents of the Warfare, Analysis & Research (WAR) Department's Mahan Scholars along with new and innovative design and analysis techniques and adversary perspectives provided through the War Gaming Department and Office of Naval Intelligence Detachment Newport.

Approximately 75 participants from a variety of military commands and the intelligence community engaged in this robust, two-sided game, which consisted of a total of six moves played over four days, and employed a variety of cutting-

WARGAME, Page 14



Greg Kohlweiss/U.S. Navy photo

Vice Adm. Michael C. Vitale, center, Commander, Navy Installations Command, stands for the Oath of Office recited by Officer Candidate School Class 0911 at Officer Training Command Newport (OTCN) on April 22 in Capt. Kay Hall. He is flanked by Capt. Kenneth Gray, right, Commanding Officer, OTCN; and Chaplain (Lt.) Nathan Drake, left.

The After Lookout



NWC Museum Archives photo

MEATY BUSINESS — Ship's Cook 2nd Class Heinze, second right, an instructor for the Cooks and Bakers School in December 1943 at the U.S. Naval Base in Newport, demonstrates how to break down forequarters of beef in the butcher shop of Galley 4. On alternate weeks, students receive theory in the classroom and then practical experience in the galleys. The photo was carried in *The Newport Recruit*, a forerunner to *The Newport Navalog*.

NWC is accepting applications for 2012 Fleet Seminar Program

Naval War College Public Affairs

The Naval War College (NWC) is now accepting online applications through June 30 for the College of Distance Education's 2011-2012 Fleet Seminar Program (FSP).

FSP courses are similar in content and methodology to the intermediate program of study offered by the resident College of Naval Command and Staff program in Newport, Rhode Island. The FSP offers Navy and joint intermediate-level professional military education through a set of three courses: Strategy and

War, Theater Security Decision Making, and Joint Maritime Operations. Each course normally requires one academic year to complete.

Seminars for each course meet one evening per week for approximately 34 weeks, commencing in early September 2011 and ending in May 2012. There is no tuition fee and course materials are provided on a loan basis.

The NWC FSP will be offered in 20 regional locations in the United States for academic year 2011-2012. Planned locations

are: Washington, D.C.; Annapolis, Md.; Bangor, Wash.; Dahlgren, Va.; Everett, Wash.; Fort Meade, Md.; Fort Worth, Texas; Great Lakes, Ill.; Jacksonville, Fla.; Mayport, Fla.; Millington, Tenn.; New Orleans, La.; Newport, R.I.; Norfolk, Va.; Patuxent River, Md.; Pearl Harbor, Hawaii; Pensacola, Fla.; Port Hueneme, Calif.; San Diego, Calif.; and Whidbey Island, Wash.

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FLEET SEMINAR, Page 14

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SWOS junior officer recognized

By LISA RAMA

NAVSTA Public Affairs Officer

The commanding officer of Naval Station (NAVSTA) Newport announced Monday that Lt. Patrick N. Kilcrease, International Division officer and Department Head instructor at the Surface Warfare Officers School (SWOS) Command, has been selected as the Navy League of Newport County Junior Officer of the Year for 2010.

Kilcrease arrived at SWOS in November 2009 and since that time has been a model officer, instructor and professional. As an

instructor, he presents each lecture and presentation with inspiring energy and motivation and continually seeks innovative methods to energize his students. He has trained more than 500 students since arriving at the command.

In the community, Kilcrease has volunteered more than 200 hours as an assistant football, baseball and softball coach for Mid-



Kilcrease

dletown youth athletics. He also supports Special Olympics Rhode Island and is a student mentor to surface warfare officers (SWOs) and international naval officers attending the SWOS International courses.

"Poised, articulate and engaging, he masterfully presents the most complex procedures and tactics, while continuously assessing student comprehension," said Capt. Neal Parrott, Commanding Officer, SWOS. Kilcrease will depart Newport next week for follow-on training in Dahlgren, Va., and return to

SWOS to complete Department Head training.

After training, Lt. Kilcrease will report to the guided missile destroyer USS James E. Williams (DDG 95) as the Operations Officer.

"Lt. Kilcrease is a rising star within the surface warfare officer community, one whom will certainly be leading from the front," said Lt. Cmdr. Jody W. Mandeville, director of International Training, SWOS.

The Navy League of Newport County hosts this recognition program annually for NAVSTA's outstanding

Damage Controlman 2nd Class (SW) Joshua Egidi, left, re-enlists for four more years last week atop of the Green Monster at Fenway Park, Boston, reciting the oath with Capt. Kenneth L. Gray, Commanding Officer, Officer Training Command Newport. Egidi, a native of San Diego, is a fire fighting instructor at the Fire Fighter Trainer, OTCN.

OTCN contributed photo



Yeoman named top senior enlisted

By BOB KREKORIAN

NAVSTA Public Affairs Staff

Yeoman 1st Class Mingo D. Boards, Center for Service Support (CSS), was selected as the Newport Naval Complex Navy League of Newport County Senior Enlisted Service Member of the Year for 2010.

According to his command, he was recognized for "epitomizing what a Sailor stands for as a role model."



Boards

Serving as the training manager for the yeoman rating since October 2009, he was credited with playing an invaluable role in the development of the new YN/PS advanced course. He is credited with coordinating an American Council on Education (ACE) review which ultimately awarded 100 cumula-

tive college credit hours for YN/PS courses benefiting Sailors Navy-wide.

He was identified by his command as a superior leader, mentor, and manager. He was commended for his work ethic, support of the entire CSS domain, and

SENIOR, Page 5

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Bravo zulu

Senior Corpsman named top junior enlisted

Continued from Page 4

dedication to self-improvement.

He is credited with co-developing the Yeoman career roadmap (LaDR) for professional development, greatly improving career progression and retention within the Yeoman rating.

He was commended for developing a suicide prevention program and implementing a crisis response plan for the CSS-wide community. In the absence of an assigned Command Career Counselor, he is credited with advising and tracking the professional development of CSS staff members which directly contributed to high morale and a Golden Anchor retention award.

Filling in as the interim awards clerk on two occasions, he is credited with processing awards in a timely fashion, and creating new filing systems and awards history spreadsheets. His efforts led to a more organized and efficient awards program.

In his spare time, Boards is a reading and math tutor assisting elementary school children at the Dr. Martin Luther King Jr. Community Center, Newport. He volunteers at the Channing Memorial Church serving meals to the homeless.

Boards has received the Navy and Marine Corps Commendation Medal, the Navy and Marine Corps Achievement Medal (three), Military Outstanding Volunteer Service Medal, and Navy Good Conduct Medal (four).

He graduated from San Diego City College with an associate in arts degree in June 2006. He holds an associate degree in science from Grossmont Community College, June 2009; and is currently enrolled at University of Massachusetts, Dartmouth.

Hospital Corpsman 2nd Class Cody D. Jones, Naval Health Clinic New England (NHCNE), was selected as the Newport Naval Complex Navy League of Newport County Junior Enlisted Service Member of the Year for 2010.



Jones

Assigned as the Leading Petty Officer (LPO) in Family Practice, Jones was selected because of his exceptional record, impressive leadership skills, community involvement, and exemplary performance. He is a radiology technician.

According to his command, he was recognized as "the benchmark for excellence at NHCNE Newport and is unmatched by his peers." Not satisfied with simply being a radiologic technician, Jones requested the leadership role of LPO for the primary care department.

Jones was active in the NHCNE sponsor and mentor program. He was credited with providing a quality transition experience for five newly reporting junior enlisted members during check-in, command orientation; and provided information and assistance prior to their arrival at NHCNE.

As the assistant command fitness leader, he was credited with consistently providing a leadership presence at command physical training (PT) sessions where he assisted in leading both fitness enhancement program sessions and weekly command PT sessions with over 80

participants. He ensured that proper warm up and cool down by participants was performed safely. He was integral in NHCNE Newport successfully completing the spring and fall physical fitness assessments in which 62 percent of the personnel scored higher assessments.

Jones, who supervised 28 corpsmen and three civilians, enlisted in the Navy in February 2001. He is the assistant leading petty officer in the radiology department.

As an advanced radiology technologist, he performed more than 500 radiologic examinations with only a .3 percent error rate. He was credited for demonstrating accuracy and attention to detail in a highly technical field.

He was commended for his efforts in training the NHCNE color guard and submitting requests for new color guard equipment. Additionally, he was recognized for his impeccable appearance and military bearing.

His community involvement included contributing 18 hours with the 2010 Paralympics games at Naval Station Newport where he served as the point of contact for field events.

Jones received the following awards: Good Conduct Award (two), Navy Achievement Medal (two), Iraq Campaign Medal, Sea Service Deployment Medal, Overseas Service Medal, and three letters of commendation for performance.

He attended Truckee Meadows Community College, Truckee, Nev.; and Roger Williams University, Bristol.



Greg Kohlweiss/U.S. Navy photo

Cmdr. Glen Bourque, left, Executive Officer, Naval Station Newport, congratulates Interior Communications Electrician 1st Class (SW) Jarod A. Sciegel at his reenlistment ceremony at Port Operations office recently. He re-enlisted for six more years.

Lieutenant

Continued from Page 4

ing enlisted members and junior officers. They partner with other local civic groups and will hold awards dinners for the 2010 selectees over the coming months.

The junior officer selection board was chaired by the executive officer of NAVSTA and was comprised of the executive officers from each of the commands who forwarded nominees.

This year's Junior Officer of the Year nominees included Marine Capt. Greg Baxter, Naval Academy Prep School; Lt. Jon Birsner, Officer Training Command Newport; Lt. Brittany Conrad and Lt. Sondra Jolly, both from Naval Health Clinic New England.

"All of the nominees had impeccable qualifications and were shining examples of the Navy's best," said Capt. Joseph Voboril, Commanding Officer, NAVSTA.

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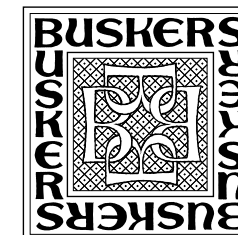
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Fleet and Family Support Center

Specific training offered sponsors

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

A Sponsor Training workshop will be held at the Fleet and Family Support Center on Tuesday, May 3, from 9:30-10:30 a.m. This training is a valuable tool for individuals who will act as sponsors or department representatives selecting sponsors.

Because the military spouse also plays such a vital role in the Sponsor Program, all spouses are invited and encouraged to participate.

Control your anger— Anger Management, Take Control is a five-part workshop at the Fleet and Family Support Center on May 5, 12, 19 and 26, and June 2, from 2:30 to 3:30 p.m. Anger is a powerful feeling. If not controlled, it can be destructive.

Come to this workshop and learn some ways to manage your anger, and change your life for the better.

The regular **Ombudsman Assembly meeting** will be Tuesday, May 10, from 6 to

8 p.m., at Navy Operational Support Center, Naval Station Newport, for local area command ombudsmen and their Command Support Team (CST) members. Ombudsman participation is required and CST support is requested.

The Navy Family Ombudsman is a critical communication link between the Commanding Officer and family members.

The **Ombudsman Basic Training workshop**, scheduled for May 16-18, 9 a.m. to 4 p.m., at the Fleet and Family Support Center, provides the basic knowledge and tools necessary to be an effective representative of the command and an advocate for family members.

Help for home shoppers — Purchasing a home is a complex task. There are many questions that need

to be answered before you take that big step.

Come to the Fleet and Family Support Center on May 18, 6-8 p.m. for the Homebuyers' Workshop and learn about your options and how to decipher real estate lingo. Meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options.

School Liaison Office



Red Cross offers scholarships

The American Red Cross, a Joint Family Support Assistance Program partner, has five \$1,000 scholarships to eligible veterans, veterans' spouses, or active duty spouses for nurse assistant, phlebotomy and EKG training.

Course descriptions are available at www.redcross-cwm.org. Anyone interested should contact Melinda Napolitano at 508-595-3700.

New military spouse scholarship:

Operation Homefront and

the Saban Family Foundation have announced the 2011 Saban Military Wife Educational Scholarship. The scholarship is offered to wives of uniformed service members to attend vocational training programs in the medical field.

Applications will be accepted until May 1, and the scholarships will be awarded to recipients on July 1. The application is available on the Operation Homefront website: [http://www.operationhomefront.net/scholar-](http://www.operationhomefront.net/scholarship)

ship

Mobile app Tutor available:

There is a new mobile app Tutor.com to go. The app gives eligible military students another way to access the Tutor.com for Military Families Program.

Students must have an account with the Tutor.com for Military Families program to connect to a tutor and the app is available as a free download.

Go to www.tutor.com/military for information and to register.

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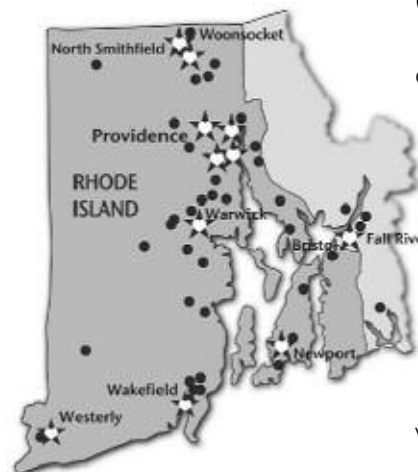
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Naval Health Clinic New England

Pyramid is guide to fitness

By A. CHILDS, Ph.D.
NHCNE public health Educator

You've probably seen and are familiar with the food pyramid from the USDA and the U.S. Department of Health and Human Services about proper diet choices, but have you seen the activity pyramid?

The pyramid provides physical activity related guidelines for adults age 18 to 64. Versions are available for older and younger folks as well. Visit www.mypyramid.gov for more information and variations.

Imagine the pyramid divided into four levels: the tip represents the activities in which you should participate the least, such as sitting, spending time using a computer, and time watching television. Many people refer to this time as "screen time" and it should be minimized as much as possible.

The guidelines for physi-

PYRAMID, Page 14



Kathy MacKnight/U.S. Navy photo

HEALTHY FOOD SHOPPING — Mrs. Michael O'Hara's family of five children, along with NHCNE dietitian Cindy Millard, left, Culinary Specialist 1st Class Robert Jerdan, second left, and Anthony Butler, Commissary employee, upper right, show off their 'Eat Like a Hero' bags which were filled with healthy snacks and fruits, provided by the Commissary. In honor of April as the Month of the Military Child, the Newport Commissary hosted a 'Kids Day at the Commissary' last week to learn more about good nutrition and physical activities. Children were given a 'Fruit and Vegetable Eater Meter' to record their fruits and vegetable intake for a week; those entries need to be back at the Commissary by April 30 to be eligible to win a new bicycle.



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May 2011 NAVAL HEALTH CLINIC NEW ENGLAND HEALTH PROMOTIONS WELLNESS CLINIC

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"Physical Fitness"

May 3 : Preventing Diabetes and Monitor Class , 9-10:30 a.m. Healthy Weighs Week, noon-3 p.m.
May 4 : Diabetes Support Group, 9-10 a.m. Tobacco Cessation Week 3, noon-1 p.m. Tobacco Cessation Week 1, 5-6:30 p.m.
May 5 : Healthy Heart, 2-3 p.m.
May 6 : Eat Smart, 10-11 a.m.
May 9 : Eat Smart, 11 a.m.-noon
May 10: Healthy Weighs Week 2, 2-3 p.m.
May 11: Tobacco Cessation Week 4, noon-1 p.m. Tobacco Cessation Week 2, 5-6 p.m.
May 12: Diabetes Nutrition, 7:30-8:30 a.m. Healthy Heart Class, 10-11 a.m. Ship Shape Week 1, noon-1 p.m.
May 17 : Healthy Weighs Week 3, 2-3 p.m.
May 18 : Eat Smart, 9-10 a.m. Tobacco Cessation Week 3, 5-6 p.m.
May 19: Ship Shape Week 2, noon-1 p.m. Preventing Diabetes and Monitor, 2-3:30 p.m.
May 20: Healthy Heart Class, 8-9 a.m.
May 23: Ship Shape Week 3, noon-1 p.m.
May 24: Diabetes Nutrition, 11:30 a.m.-12:30 p.m. Healthy Weighs Week 4, 2-3 p.m.
May 25: Healthy Heart Class, 9-10 a.m. Tobacco Cessation Week 1, noon-1 p.m. Tobacco Cessation Week 4, 5-6 p.m.
May 26: Ship Shape Week 4, noon-1 p.m. Eat Smart, 2:30-3:30 p.m.

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Amy Carzoo/Balfour Beatty photo

SCRAMBLED EGGS — Children scramble for some of 1,700 filled plastic eggs left last Sunday by the Easter Bunny for Balfour Beatty Communities' annual Easter egg hunt at the Upper Greene Lane Community Center. More than 200 residents attended, also enjoying face-painting, a 25-foot inflatable train obstacle course, egg bag decorating, and over 200 pastries donated by Leddy's Portuguese bakery. There also were egg toss games, spoon races, and opportunities to pose for pictures with the Easter Bunny and Easter Duck.

Announcements

Recycling simplified

Naval Station Newport will convert its current two bin recycling system into a one bin process beginning May 2. Everything that is recyclable will now go into the blue work space area bins.

The cardboard dumpsters at each building will be converted to single stream recycling dumpsters, and be emptied each Thursday between 7 a.m. and 4 p.m.

The mix includes all plastics, detergent bottles, plastic grocery bags, aluminum cans/foil, all glass bottles and jars, shredded paper, office paper, books, cardboard and corrugated cardboard.

For more information call the integrated solid waste manager at 841-2464.

SNA Golf Tournament

The Newport Chapter, Surface Navy Association is excited to invite participants to a great day of golf, lunch and prizes on May 18 for their spring tournament at Green Valley Country Club, Portsmouth. The tournament is open to any foursome – military and civilian – for \$58 per golfer (includes green fee, golf cart, buffet luncheon and a chance to win great prizes.) Registration deadline is May 12. Call 841-1316 or email: SNANew-

portgolf@gmail.com for more information.

Veterans' breakfast

CRANSTON — Sen. Shelton Whitehouse, D-R.I., will host his fourth annual Rhode Island Veterans' Breakfast with special guest, Michael Walcoff, acting Undersecretary for Benefits, U.S. Dept. of Veterans Affairs, on Saturday, May 14, beginning at 9 a.m.

This free breakfast event will be held at the R.I. National Guard Schofield Armory, 705 New London Ave., Cranston.

To RSVP or for more information, call (401) 453-5294 or e-mail: Veterans@whitehouse.senate.gov.

Spring Recycling Day

As part of Keep America Beautiful, Great American Cleanup, Newport's Clean City Program invites any area residents to recycle many items that may be lying around the house, at the Easton's Beach east parking lot on Saturday, April 30, from 9 a.m. to 1 p.m. No early birds allowed.

A full list of acceptable items for the event is available at: www.cityofnewport.com/departments/public-services/cleancity and go to their events calendar or call 845-5642 or the information line 845-5613.

Special events

Take mom to brunch

Celebrate mom and all she does with a bountiful brunch at the Officers' Club on Sunday, May 8. Seating times are available from 11 a.m. to 3 p.m. The menu features carved prime rib, plus other brunch favorites.

Prices are \$26.75 for adults, \$12.50 for children 8 to 12; \$7.50 for children 4 to 7; and free for children 3 and under, but a ticket is still necessary.

All prices include gratuity and may be purchased at the Information, Tickets & Travel Office (ITT), building 1255 or call 841-3116.

Newport Idol returns

Registration begins today at Seaview Lanes Bowling Center, Building 656, for the second Newport Idol competition. Auditions will begin May 3 at 5:30 p.m. at the Recreation Center Conference Room.

Be part of the audience and help select the winner on Tuesday, May 10, in the Officers' Club Grand Ballroom. The top ten competitors will sing beginning at 6 p.m. Food and drinks will be available to order starting at 5:30 p.m.

The winner of the competition will win

professional recording studio time, make his or her own CD, and receive a paid booking. For information, call 841-3127.

MWR Golf Tournament

MIDDLETOWN — The Morale, Welfare and Recreation Department Golf Tournament returns to the Newport National Golf Club, Thursday, May 12, with check-in at 7 a.m. and shotgun start at 8 a.m.

All active duty personnel, retirees, family members, reservists and Department of Defense employees are invited to play in this event.

The cost is \$50 per eligible patron and \$75 per guest and the price includes, green fees, golf cart (course condition permitting) and food, there will also be door, longest drive and closest to the pin prizes awarded.

Registration for this event is currently underway with the deadline for registering Friday, May 6.

Full team payment is due upon registration at Gym 109, Monday through Friday from 8 a.m. to 4 p.m. and IDs will be checked at registration, as well as on tournament day.

Contact Greg O'Shea, MWR sports and special events, at (401) 297-1563 for

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Sports

NAPS trackmen run with the best

DEDHAM, Mass. — The Naval Academy Prep School outdoor track team made a strong showing April 16 at the 2011 Solomon Invitational Track & Field Meet. Northeastern University was the host school for colleges and universities across southern New England.

NAPS highlights in the competition follow:

400m – 3, Mark Vetere, 50.52
400m hurdles – 1, Jeremy Duruji, 58.18
4x100 – 2, Mark Vetere, Stuart Shrum, Quint Singleton, Rico Goldstone
4x800 – 2, Matthew Lord, Jeremy Triplett, Steven Gregg, Matthew Cecala
Javelin – 2, David Capote, 52.64 meters
Pole vault – 2, Mark Vetere; 3, Raymond Matelli; 4, Michael Rivard
Women's high jump – 3, Alexandria Cassel, 5-2
Women's pole vault – 3, Amanda Graham
"Mark Vetere and Mike Rivard both did very well in multiple events," said

Coach Toran James.

In a meet April 9 at Fort Monmouth, N.J., NAPS faced arch rival Military Academy Preparatory School and won, 152-212.

Some of the NAPS Rams' highlights from the day follow:

5000 meter – 1, Jeremy Triplett
1500 meter – 2, Jeremy Triplett
800 meter – 2, Matt Lord
200 meter – 2, Rico Goldstone; 4, Mark Vetere
400 meter – 2, Mark Vetere
100 meter – 2, Rico Goldstone
Long jump – 2, Rico Goldstone
Triple jump – 1, Mike Rivard
Javelin – 4, Mike Rivard,
100 meter hurdles – 2, Jeremy Duruji,
400 meter hurdles – 2 Jeremy Duruji.
Women's high jump – 1, Alexandria Cassel,
Women's 100 meter hurdles – 1, Amanda Graham
Women's 400 meter hurdles – 1, Amanda Graham
Women's 1500 meter – 2, Bree-da Mannion
Women's 800 meter – 2, Bree-da Mannion

Intramural volleyball

Morale, Welfare and Recreation Department Intramural Volleyball League standings as of April 22 follow:

SWOS.....6-0
Misfits.....5-1
NSCS 1.....4-1
Wrecking Crew.....3-2
Blue Falcons.....2-2
Yo Mamma.....2-2
Side Action.....2-2
Dirty Dozen.....2-3
ARMY Strong.....2-3
War Breed.....1-3
Devil Docs.....1-5
MWR Fish Nets.....0-6

Scores as of April 22

SWOS def. Misfits, 21-17,

11-21 and 15-13

Wrecking Crew def. Blue Falcons, 21-17, 20-22 and 15-6

ARMY Strong def. Yo Mamma, 10-21, 22-20 and 15-14

SWOS def. NSCS 1, 21-19, 20-22 and 15-13

Dirty Dozen def. Blue Falcons, 21-16, 15-21 and 15-5
Side Action def. MWR Fish Nets, 21-13, 21-6

NSCS 1 def. War Breed, 21-10, 21-19

Misfits def. Devil Docs, 21-12, 21-16

War Breed de. Devil Docs, 21-11, 20-22 and 15-9

Yo Mamma def. MWR Fish Nets, 21-18, 21-19

18 from NHCNE in Boston Marathon



Seventeen corpsmen and chief petty officers from Naval Health Clinic New England hump the 26-mile Boston Marathon in 'cammies' and boots while carrying 40 pound packs. They marched with an Army Reserve unit.

By KATHY MacKNIGHT
NHCNE Public Affairs Officer

BOSTON — Eighteen Naval Health Clinic New England (NHCNE) military staff participated in the Boston Marathon on Monday, April 18.

Seventeen corpsmen and chief petty officers competed in "cammies" and boots while carrying 40 pound packs. They humped with an Army Reserve unit and were a group 40 strong, stepping off in Hopkinton, Mass., at 5 a.m. and marching over the finish line in Boston at 1:15 p.m.

This was the sixth year of

the Staff Sgt. Potts Road March at the Boston Marathon and the NHCNE Sailors raised \$10,375 for the Wounded Warrior Project.

Capt. Murray Norcross, Family Medicine physician at NHCNE, ran the marathon and he had a finishing time of 3:44.

For Chief Master-at-Arms David Torres, the oldest of the NHCNE group at 47, the marathon was something on his to-do list before he retires in less than two months.

He has also climbed Mt. Fuji in Japan and Mt. Edna in Italy.

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COMMUNITY COLLEGE OF RHODE ISLAND

Information, Tickets & Travel

Camden Yards Bus Trip

Information, Tickets and Travel office announces the annual Camden Yards bus trip from Monday, July 18 through Wednesday, July 20. Trip includes round-trip transportation plus tickets to Monday and Tuesday night games plus Two nights lodging at the Radisson Plaza Lord Baltimore Hotel equals a great trip! Trip cost \$300 for double occupancy and \$400 for single occupancy.



See Taylor Swift at Gillette Stadium

Information, Tickets and Travel office has tickets to see Taylor Swift on Saturday, June 25 at Gillette Stadium in Foxboro, Ma. Tickets are \$90 each and located in Clubhouse seating. For more information, call 841-3116.

ITT has discounted tickets to amusement parks

Six Flags New England in Agawam, MA

1-day admission: \$30.25

Meal Voucher: \$10.75

Lake Compounce in Bristol, CT

1-day admission: \$29.00

Canobie Lake Park in Salem, NH

1-day admission: \$28.00

Hershey Park in Hershey, PA

1-day admission for juniors (3-8) or seniors (55+): \$28.50

2-day admission for juniors (3-8) or seniors (55+): \$53.50

1-day admission for adult (9-54): \$40.50

2-day admission for adult (9-54): \$71.50

For more information, call ITT at 841-3116
Wednesday through Friday, 10 a.m. to 6 p.m.

Leisure

Free WiFi sites at NAVSTA

Free WiFi spots at Naval Station Newport provided by MWR are located at the Officers' Club, Building 95; the Recreation Center, Building 656 and Leisure Bay, Building 1255.

Bowling

(Building 656, 841-4293)

The Seaview Lanes Bowling Center state-of-the-art facility features regular and Xtreme bowling. The center also serves lunch, Monday through Friday beginning at 11 a.m. Call ahead and have your lunch order ready when you arrive.

Hours of operation are:

Monday through Thursday, 11 a.m. to 8 p.m.; Friday 11 a.m. to 10 p.m.; Saturday, 1 to 11 p.m.; Sunday and federal holidays, 1 to 8 p.m.

Rates: \$3.50 per game and \$2 for shoe rental.

Special fitness activities

(Gym 109, 841-3154)

• **Body-Wise Therapeutics** announces a Spring special. From now until June 1, get a bonus 10 minutes of area specific massage added to your first booked massage therapy session.

Just mention this ad when you book your appointment. Appointments are available at Gym 109. Call (401) 862-9043 today for details and to schedule an appointment.

• **Gym 109 will hold a blood drive** on Wednesday, May 4 from 4:30 to 7:30 p.m.

Donate the gift of life. The Rhode Island Blood Center will be set up on basketball court number three. For more information, call 841-3154.

• **Softball coaches and captains meeting** on Tuesday, May 10 at 4:30 p.m.

The softball season runs from Tuesday, May 23 through Friday, Aug. 12. Registration packets are available at Gym 109 front desk, please have them filled out for the meeting. There is a \$100 forfeit fee due upon registration and a \$15 DoD employee fee. For more information, call 841-3154.

• **Weight Lifting Essentials** on Wednesday, May 11

at 5:30 p.m. Gym 109 is offering Weight Training Essentials the second Wednesday of the month. Training session with a certified MWR trainer will cover the following: Safe lifting techniques, proper body alignment, understanding sets and reps, staying injury free, the keys to designing a program tailored to strength, endurance or toning, when and why a spotter is necessary. For information, call Pat Mahoney at 841-3154.



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Rising technology's impact on naval warfare explored

The Naval War College conducted a Naval Research Technology Innovation Workshop to assess the operational value of emerging technologies within the context of naval warfare requirements, April 5-8.

Sponsored by the Office of Naval Research (ONR), the seminar-style workshop gathered approximately 60 participants to inform ONR decisions on technology development and focus Naval War College concepts of operation development.

"This Technology Innovation Workshop was a great opportunity to explore emerging and possibly disruptive technology that will evolve naval warfare," said workshop facilitator retired Cmdr. and Dr. William Bundy. "Technology will continue to form the basis for tactical and operational employment of naval forces that will operate in the years to come."

"Results from this TIW will form the basis for ONR decisions on technology development and foster Naval War College development and experimentation on enabling and functional

'This workshop was a great opportunity to explore emerging and possibly disruptive technology.'

—Dr. William Bundy
workshop facilitator

concepts."

Dr. Lawrence Schuette, Director of Innovation at ONR, said, "This workshop was a success for us — it was great to return to Newport and spend time with warfighters, members of the science and technology community, and members

of the Gravely Naval Research Group to take a look at some key emerging technology concepts. The success of this workshop may lead to a revitalization of the Navy's Technology Innovation Game series."

One of the Naval War College's missions is to help the Chief of Naval Operations define the future Navy, and workshops such as this explore future operational and strategic challenges in support of that mission.

(Submitted by the Gravely Naval Warfare Research Group - Warfare Analysis and Research Department)



Cmdr. Jason Eaton/U.S. Navy photo

From left, Dr. Larry Schuette; Rear Adm. John Christenson, President of the Naval War College; Dr. William Bundy and Dr. Ronald Driggers receive briefings during the Office of Naval Research sponsored Technology Innovation Workshop April 8 at the Naval War College.

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Wargame

Continued from Page 3

edge design techniques such as advanced cyber gaming with an agile computer network built specifically for the DEGRE series. In order to ensure that the outcomes of the game would prove useful to USSTRATCOM leadership, a comprehensive approach to capturing information was combined with multi-pronged data analysis.

Findings and implications of the DEGRE-11

Game will be briefed by the Naval War College to the Commander, USSTRATCOM, and the Office of the Secretary of Defense, Service Components, and Intelligence Community leaders next month.

In addition, a truncated, more experientially-focused "echo game" will be held at USSTRATCOM this coming June, as part of the Wiley educational gaming series.

Pyramid

Continued from Page 8

cal activity also include strength training as well as flexibility training twice a week. At the second level, strength training should include all major muscle groups with 1 to 3 sets of 8 to 12 repetitions per set. Flexibility training should take place for at least 10 minutes twice a week.

The third level of the pyramid indicates that you should spend at least 150 minutes a week participating in cardiovascular system stimulating, aerobic activities. These can include running, swimming, power walking, biking, playing tennis, playing basketball or soccer or any number of other aerobic activities that get your heart pumping.

The 150-minute guideline is based on a moderate intensity of exercise. If you can talk while participating in the activity, but you can't sing, that's probably moderate intensity. If you're looking for more intensity, vigorous exercise for 75 minutes a week also has a plethora of beneficial effects.

If you're stopping to get your breath while exercising and your sentences are choppy, that's vigorous activity.

The fourth level of the

pyramid, which is the base and the largest, promotes lifestyle related physical activities. Walk when you have the opportunity. Park your car at the far end of the parking lot, and make sure your furry friends get plenty of exercise.

Don't have a dog? Borrow one from a friend or develop a routine with a friend who is a pet owner to walk at least two miles a day.

Physical activity should be fun and the exercise that you will do regularly is the type that you should participate in. Remember that regular physical activity reduces the risk of many adverse health outcomes such as heart disease, Type 2 diabetes, and some cancers.

Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity. For additional health benefits, adults should increase their aerobic physical activity to 300 minutes a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or a combination of both. Additional benefits include lower risk of colon and breast cancer and prevention of unhealthy weight gain.

Fleet Seminar

Continued from Page 3

ulty, these courses replicate both the content and atmosphere of the resident course of study. Successful completion of all three courses results in the award of a College of Naval Command and Staff diploma, as well as credit for joint professional military education (JPME) phase one.

NWC conducts the FSP seminars at the 20 locations in-step with each other which makes it possible for a student who is transferring to, or assigned temporary additional duty at, another seminar location to attend class at that location.

NWC accepts program applications from commis-

sioned officers (active and Reserve), selected Command Master Chiefs, and civilian employees of the federal government. To be eligible, applicants must be members of the sea services (Navy, Marine Corps, and Coast Guard) in grade O-3 or above, while officers from other services must be in grade O-4 or above. Navy Command Master Chiefs are eligible for enrollment. Civilian employees of the federal government in the grade of government service-11 or equivalent and above (National Security Personnel System equivalents included) are also eligible for enrollment.

All applicants must have

previously earned at least a baccalaureate degree from a United States regionally accredited university or college.

Qualified individuals currently stationed at the FSP locations, or those who expect transfer to those sites prior to Sept. 1, 2011, are encouraged to apply. The deadline for applications is June 30, 2011, and all applicants will be advised of their enrollment status by mid-August 2011.

More information is available, and application must be made at the NWC College of Distance Education website at <http://www.usnwc.edu/fleetseminar>.

Citizens

Continued from Page 2

Immigration Services – was expedited with the help of NAPS.

Martinez of Gainesville, Ga., said he was happy and grateful after the conclusion of the ceremony. "Now I can feel like a brother with those around me," he said. "I can now start to repay what this country has done for me. This country opened up its arms to me and now I can serve with my other brothers. He is the second member of his family to become a naturalized citizen.

"I feel as though I am relieving my father as a member of the military," said Veloria of Chula Vista, Calif., the son of a brigadier general in the Philippine army. "The naturalization process will help me remember my past. I can now serve this country in their time of need."

The path to U.S. citizenship for Bermudez of Harrison, N.J., took 13 years to complete. Having 19 years of military service, he said the military mission at hand always came first.

"I'm extremely happy and proud now," he said.

"As our newest Americans, the five of you remind us how precious American citizenship is, how much it's worth, and why it is worth protecting," said Capt. Jim Cunha, commanding officer, NAPS.

Citizenship is not just a collection of rights but is a set of responsibilities, he said.

"America's success is not a gift but it is hard won, and it depends on each of you doing your part."

SEA

Continued from Page 2

seating and finishes, and an outdoor plaza at the facility will be restored.

The building presently functions as berthing for SEA students and also houses both classrooms and administrative space.

Renovation of the SEA with updated features will help the SEA accomplish its mission to strengthen senior enlisted commitment to

professional excellence and mission accomplishment through education in communication skills, leadership and management, national security affairs, Navy programs and physical fitness.

NAVAC manages the planning, design, construction, contingency engineering, real estate, environmental, and public works

support for U.S. Navy shore facilities around the world, providing the Navy's forces with the operating, expeditionary, support and training bases they need.

Work is scheduled to begin in May, with an expected completion date of July 2012.

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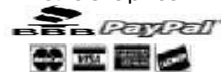
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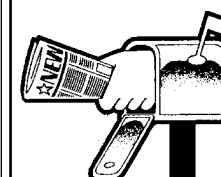
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Navy Wide News



Danielle Skinner/U.S. Africa Command photo
Gen. Carter Ham, commander of U.S. Africa Command, answers questions from participants of the U.S. Naval War College Alumni Regional Symposium in Stuttgart, Germany, April 14. Approximately 50 African graduates of the Naval War College as well as U.S. AFRICOM staff attended the three-day symposium to discuss regional maritime security issues and build relationships.

NWC alumni from Africa at symposium

STUTTGART, Germany — The Naval War College (NWC) in Newport, R.I., hosted an alumni regional symposium for African NWC graduates here April 12-14.

This symposium, the seventh in the series, was co-hosted by Commander, U.S. Africa Command, which has its headquarters in Stuttgart.

About 50 distinguished international and a dozen U.S. alumni participated in this professional meeting. NWC graduates from 13 African countries.

NWC President Rear Adm. John N. Christenson gave opening remarks. "By meeting to discuss the challenges we face, we can also exchange ideas about how we go about the serious business of serving our nations."



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